



TOXIC & HAZARDOUS

Food Guide for Pets

20

foods to avoid feeding dogs and cats

Prevent accidental exposure and potential health risks to your four-legged companions

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MAIN COURSE MENACES

Fatty foods & fat trimmings

Burgers, pizza, ribs, chicken wings, salmon, etc.
Upset stomach, nausea, vomiting, pancreatitis

Bones

Cooked, can splinter, causing internal lacerations, obstruction, choking
Vomiting, lethargy, diarrhea, abdominal discomfort, drooling

Raw meat & fish

Can contain salmonella and E. coli
Vomiting, fever, enlarged lymph nodes

Raw salmon

Most common in the Pacific Northwest, freshwater fish carrying infected parasites can poison pets if eaten raw
Vomiting, fever, diarrhea, weakness, swollen lymph nodes

Raw eggs

May contain harmful bacteria and the avidin enzyme, which can cause skin and coat issues

PERILOUS PRODUCE

Onions, garlic, shallots

Small amount can damage red blood cells; vegetable broth may contain garlic, onions
Fainting, weakness, drooling, pale gums

Mushrooms

Wild varieties can trigger numerous organ systems
Seizures, coma, vomiting

NO-NO MUNCHIES

Nuts

Almonds, pecans, walnuts, pistachios, macadamia nuts, hickory nuts
High fat causes upset stomach and pancreatitis
Moldy nuts can cause seizures, vomiting, lethargy

NOXIOUS SWEETS

Xylitol

Sugar substitute in gum, candy, toothpaste, children's vitamins, some peanut butters
Vomiting, weakness, seizures

Chocolate

The quantity and level of cocoa will vary toxicity
Vomiting, diarrhea, tremors, hyperactivity, seizures

DEADLY DRINKS

Alcohol (wine, liquor, beer)

Liquor-infused desserts can also be a culprit
Seizures, respiratory failure

Hops

Fresh and cooked hops are used in brewed beer
Fever, restlessness, panting, vomiting

Caffeine

Coffee, tea, energy drinks and bars, diet pills
Hyperactivity, panting, seizures, muscle twitching, increased urination

DAIRY DISCOMFORT

Milk & dairy

Pets lack lactase, the enzyme needed to digest lactose
Upset stomach, diarrhea

HARMFUL HARVEST

Apricots, peaches, plums, apples

Stems, seeds and leaves contain cyanide
Difficulty breathing, panting, shock

Grapes & raisins

Just a few can be harmful
Vomiting, lethargy, diarrhea

Rhubarb

Commonly used in pie, jams, sauces, juice
Drooling, vomiting, diarrhea, lethargy, weakness, tremors

SHAKY STAPLES

Nutmeg

Spice used in baking
Tremors, seizures, nervous system abnormalities

Yeast dough

Expands in digestive system, releasing gas
Vomiting, nausea, diarrhea, stomach bloat

Salt

Food, homemade play dough
Vomiting, diarrhea, depression, tremors, fever, seizures

Symptoms

Toxicity will vary based on breed, size and age of pet

Fever

Collapse

Seizures

Drooling

Lethargy

Vomiting

Tremors

Diarrhea

Weakness

Restlessness

Hyperactivity

Stomach bloat

Muscle twitching

Excessive panting

Excessive urination

Don't wait to contact your veterinarian. Nationwide pet insurance members can contact the **vet helpline** at no cost 855-331-2833

URGENT:

Immediate veterinary care is recommended.

Nationwide® covers treatment costs relating to poisonings and more.

Get a quote at petinsurance.com

For more pet health and safety tips, visit MyPetHealthZone.com

www.toxicfoodforpets.com



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